


Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00pm Adult Lap Ages 18+	12:00-1:00pm Senior Aquacise Ages 50+	12:00-1:00pm Adult Lap Ages 18+	12:00-1:00pm Senior Aquacise Ages 50+	12:00-1:00pm Water Walking Ages 18+	10:00-10:45am Adult Lap/ Aquacise Ages 18+
1:15-2:00pm Aqua Jog Ages 18+	1:15-2:00pm Adult Lap Ages 8-17	11:15-2:00pm Adult Jog Ages 18+	1:15-2:00pm Adult Lap Ages 8-17	1:15-2:00pm Aqua Jog Ages 18+	11:00-12:00pm Adult Open Ages 18+
2:00-2:45pm Adult Open Ages 18+	2:00-2:45pm Adult Open Ages 18+	2:00-2:45pm Adult Open Ages 18+	2:00-2:45pm Adult Open Ages 18+	3:00-3:45pm Water Games Ages 8-17	12:00-12:45pm Water Walking Ages 8-17
4:00-4:45pm Youth Open Ages 8-17	4:00-4:45pm Youth Open Ages 8-17	4:00-4:45pm Youth Open Ages 8-17	4:00-4:45pm School Group Ages 8-14	4:00-4:45pm Family Swim (2 tots per adult)	1:00-1:45pm Water Games Ages 8-17
5:15-7:30pm Swim Team (KIDS ONLY)	5:00-5:45pm Learn to Swim Ages 8-17	5:15-7:30pm Swim Team (KIDS ONLY)	5:00-5:45pm Learn to Swim Ages 8-17	5:00-7:15pm Swim Team (KIDS ONLY)	3:00-3:45pm Open Swim All Ages
	6:00-7:00pm Aquacise Ages 18+		6:00-7:00pm Aquacise Ages 18+		4:00-5:15pm Family Swim (2 tots per adult)
	7:00-7:30pm Adult Lap Ages 18+		7:00-7:30pm Adult Lap Ages 18+		

Non-Traditional & Low Organized Activities

Program	Days	Times	Ages
Chess	Monday-Friday	12:00-7:30pm	8+
Open Ping Pong	Monday-Friday	12:00-7:30pm	8+
Weight Room	Monday - Friday	12:00-7:30pm	18+
	Saturdays	10:00-5:30pm	
Bubble Soccer	TBA	TBA	13-17

No Children Under 18 Years of Age  
Permitted In Weight Room!!



Sterling Recreation Center

1380 East 32nd Street

216/664-2573

CITY OF CLEVELAND

Mayor Frank G. Jackson

On the Gridiron

Program	Day	Time	Ages
Flag Football Fundamentals	Fridays	5:15pm - 6:30pm	4-7
Coed Midget Flag Football	Tuesday	5:15pm - 7:15pm	8-12
	Thursday		
Coed Junior Flag Football	Monday	5:15pm - 7:15pm	13-15
	Wednesday		

Bump, Set & Spike

Senior Coed Volleyball	Tuesday	5:15pm-7:15pm	14-17
Midget Co-Ed Volleyball	Wednesday	5:30pm7:15pm	8-11
Junior Co-Ed Volleyball	Thursday	5:15pm - 7:15pm	11-14

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Adult Open Gym Ages 18+	12:00-2:30pm School Group	12:00-2:30pm Adult Open Gym Ages 18+	12:00-2:30pm School Group	12:00-2:30pm Adult Open Gym Ages 18+	10:00-12:00pm All Sports Conditioning Ages 8-17
3:00-4:45pm Teenage Open Gym Ages 13-17	3:00-3:45pm Open Gym Ages 8-12	3:00-4:45pm Teenage Open Gym Ages 13-17	3:00-4:15m Open Gym Ages 8-12	3:00-4:45pm Teenage Open Gym Ages 13-17	12:00-2:00pm Open Gym Ages 8-12
6:00-7:15pm Senior & Junior Volleyball Practice Ages 12-17 (Oct.-Dec.)	4:00-4:45pm School Group	5:00-7:15pm Midget Volleyball League Ages 8-11 (Oct.-Dec.)	4:30-5:45pm School Group	5:00-7:15pm Community Group	2:00-4:00pm Open Gym Ages 13-17
6:00-7:15pm All Sports Conditioning Ages 8-17 (Sept.-Oct.)	6:00-7:15pm Midget Volleyball Practice Ages 11-14 (Oct.-Dec.)	6:00-7:15pm Team Dodgeball Ages 8-17 (Dec.)	6:00-7:15pm All Sports Conditioning Ages 8-17 (Sept.-Oct.)		4:00-5:15pm Open Volley- ball Ages 13-17
	6:00-7:15pm All Sports Conditioning All Ages (Sept.-Oct.)				